

## Bio

Dr. Grady has served in the helping profession for over 24 years, with her early work including 12 years in child welfare. Over the course of her career, she has worked in psychiatric emergency rooms, inpatient and outpatient units at psychiatric hospitals, grief support centers, and outpatient wellness clinics. Her most recent work includes owning and operating a private practice in Prairie Village and speaking throughout the country to educators, first responders, and school districts about youth suicide. In the counseling room, she helps individuals, families, and couples work on matters related to anxiety, depression, and relationship struggles. Dr. Grady specializes in grief and frequently provides therapy to those who are struggling with the loss of a loved one due to suicide, homicide, child death, and sudden death. She also works with highly suicidal youth and their families to restore them back to healthy and happy functioning.